

| <u>Name</u>   | <u>Length</u>                       | <u>Class Descriptions</u>  |
|---|-------------------------------------|--|
| Aquafit   | 60                                  | This is an all over, cardio, toning, muscle conditioning class, which incorporates, stretching, range of motion and even some yoga cool down techniques. The goal is health and fitness using the multi-directional resistance of water. This is a great class for all ages and fitness levels.  |
| AquaFlexBar   | 60                                  | A fun and unique way to exercise in the water: low-impact workout for developing muscular strength & endurance, core conditioning, and dynamic flexibility.  |
| Barre   | 45                                  | This 45 minute class is a low impact full body workout. Barre focuses on high repetitions and isometric holds. Even though this class is low intensity you will feel the burn. Open for all fitness levels.  |
| BarreStrength   | 45                                  | This 45 minute class is a low impact full body workout. This class uses timed intervals to train the strength movements of Barre. Open for all fitness levels.   |
| Bootcamp  | 45                                  | fast paced workout that consists of strength and cardio exercises that exercisers of all levels will love.   |
| Cardio/Strength   | 45                                  | a class for those wanting to tone, strengthen, and enhance their endurance. We use bands, dumbbells, and our body weight to better our bodies and stamina. It is medium intensity, and modifications are shown.  |
| CIA   | 60                                  | Cycle, Intervals and Arms; intervals of cycling and upper body strength exercises  |
| Cycle   | 45                                  | Interval training on the indoor cycles with upbeat and loud music to help get you pumped and motivated.  |
| FitFactory  | 30                                  | Step out of your comfort zone and in to The Fit Factory! This High intensity, 45 minute class is designed to challenge your limits and dare you to push past them! Combining body weight and plyometric movements, resistance and cardiovascular training methods. The Fit Factory will help you BUILD muscle, BURN fat, and TRANSFORM your body into a new and healthier you! |
| Functional Strength + Cardio  | 45                                  | This 45 minute class will train movement patterns that have purpose to make every day life activities easier. This class will train the whole body and consist of intervals of strength and cardio. Open to all fitness levels.  |
| Functional Strength Training  | 45                                  | In this 45 minutes class we will do resistance exercises that help you perform activities in everyday life more easily. Functional training is focused on movement patterns that have a purpose. We will train the whole body and emphasize core strength and stability. Open to all fitness levels.   |
| HumpDay HIIT  | 30                                  | This 30-minute class is upper body based. Variation is encouraged every week and up beat music to help with staying motivated throughout the exercise  |
| Let's Get HIIT  | 30                                  | This is a High Intensity program that allows you to work on cardio and do an intense leg work-out. The class is an intermediate level course for people that can take to impact of different movements for the legs and lower back. This class will be 30 minutes of movement with little to no rest. Come build endurance and leg strength!                                   |
| Restorative Yoga  | 60                                  | Restorative yoga helps to boost the immune system. Teaches you to bring calmness to the mind, and bring total relaxation to the body. The poses are held for longer periods of time than other yoga classes. Low lights and soothing music are used along with Julie's guidance to help you achieve relaxation and peace of mind.  |
| SeniorFit***  | 45                                  | Class modified for the senior adult. Classes may include a variety of cardio/balance/strength training. Each day is a different type of class, please see schedule. <b>***sign-up for this class no earlier than 1 hour before start</b>   |
| SilverSneakers®   | 45                                  | Muscle Strength & Range of Movement- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.                       |
| Total Body Strength   | 45                                  | A music-based workout class that strengthens your entire body by using light to moderate weights with lots of repetition. This 45-minute workout challenges all your major muscle groups in one single session.  |
| WaterYoga**   | 45                                  | combination of gentle stretching and flow in out of yoga poses with relaxing breath work at the end class. <b>**Held in the Therapy Pool</b>   |
| Water Walk**  | 45                                  | We all know walking is one of the best exercises for you, so why not take it to the next level with a little resistance and more! Light stretching at the end. <b>**Held in Therapy Pool</b>   |
| Yoga All levels   | 60                                  | A discipline involving core conditioning, strength training, balance poses, stretching, deep breathing, and relaxation. All levels yoga will take you exactly where you want to be in the poses whether that's at beginner level or advanced levels. Lots of modifications and options for everyone  |
| Yoga - Chair  | 45                                  | gentle stretching and flowing movements with breath work + <b>Held in the Conference room</b>  |
| Yoga - YinYoga  | 45                                  | you will stay in the poses anywhere from 2 to 3 minutes. The class ends with a guided meditation which includes breath work  |
| ZUMBA®  | 60                                  | Are you ready to party yourself into shape? It's an exhilarating, effective, Latin-inspired, calorie-burning dance fitness-part moving you toward joy & health   |
| ZUMBA GOLD®   | 60                                  | Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.                                      |
| <b>All classes in the GEC Studio are limited to 26 participants. SilverSneakers is limited to 36 participants</b> |                                     |  |
| <b>+ Class held in Conf. Room</b>   | <b>**Class held in Therapy Pool</b> | <b>***Sign up at front desk up no earlier thn 1 hour before class time</b>   |